

girlfriend's birthday. Or at least I hoped she might be my new girlfriend. We'd met at Smiley's and spent a wild night making out passionately in the back of my old Volvo.

I drove the Volvo to her birthday party at the end of Poplar Road. The party was in full swing and the sound of a live band blasted from the house. My new girlfriend sashayed out to greet me wearing a tight blue skirt and combat boots (I should've known!)

She waved hello and leaned in the window of the Volvo to give me a deep, long kiss. That kiss left no doubt where our relationship was headed. Then she handed me a golden mushroom. "I've been saving this for you." she purred. I thanked her, ate the mushroom and we walked arm in arm to the party

The party was rocking and we danced some, but I began to feel nauseous and slightly disoriented from the effects of the mushroom, and I walked back to the Volvo to get my sunglasses.

I dropped my keys unlocking the car door. As I bent down to pick the keys up the blood rushed to my head and I experienced a kaleidescope of colors. When I stood back up I realized I was in no condition to return to the party and I decided to walk to the cliff overlooking Agate Beach.

I stood at the edge of the cliff looking out at the ocean. Down below I could see the ocean waves breaking on Duxbury Reef. I thought to myself how much the ocean foam resembled white lace.

Then suddenly the ocean foam turned into lace. And that lace became the hem of a divine dress that was worn by the Goddess. I looked up and there She was in all her radiant splendor standing above Duxbury reef. She appeared to be a mile high. The sun gleamed like a pendant in her bodice or her forehead. It was hard to see because of the brilliant white light radiating from Her.

I was astonished and overwhelmed. I had taken mushrooms many times, but never had a full blown vision like this. I had never seen anything so beautiful as the Divine Feminine. I remember at first thinking that I would have lived my life differently if I had known such beauty existed in the world. Her beauty was so great that all I could do was sink to my knees, and bow my head in adoration and surrender.

I felt unclean and loathsome before the radiant beauty of the Goddess. But the light streaming from her illuminated and washed away all my feelings of sin. As I kneeled there I noticed that my body was no longer casting a shadow on the ground. It was as if the lovelight had erased my personal darkness. I had never experienced anything like the radiance of that lovelight. I felt home, healed, happy, loved, loving. All negativity was washed away. There was only Love and Beauty, Light and the Goddess. There was only LOVE.

continued on page 3

Wednesday, September 28 MIDNIGHT ON THE WATER

Live acoustic contradance music for Smiley's celebration of all September birthdays, 7:30pm. Free. Free cake too.

Rosh Hashanah begins at sundown

Thursday, September 29

COAST CAFE CONCERT SERIES

Live performances, food & drink @ Coast Cafe, 7-9pm

SONGWRITERS' CIRCLE

Live music @ Smiley's Saloon, 8:30pm

Friday, September 30

THE "INNER WOMAN PLAY" Bolinas Community Center, 8 pm; \$15. Also on Oct 1st,7th & 8th.

CULANN'S HOUNDS

Live Irish/cajun music @ Smiley's, 9pm

Saturday, October 1

ZEN MEDITATION

9-12noon, St. Aidans Church. Dharma Talk 10:30, come for all or part. Patty Bradford, 868-0874

OPENING RECEPTION

"Coastal Californios: Spanish Life in West Marin, 1776-1876" curated by Dewey Livingston. Edgar Angelone in the photography gallery, and the Fleming Family in the CMA gallery. Bolinas Museum, 3-5pm

OPENING RECEPTION

"Body & Time," paintings by Waldemar Mitrowski @ Bolinas Gallery, 4pm

DEJA VU (So WHAT'S NEW?) Musical revue by Dale Polissar, Dance Palace, Pt. Reyes, 8pm

RUSTY EVANS & RING OF FIRE

Live honky-tonk music @ Smiley's, 9pm

Monday, October 3

HOMEGROWN

Suzanne Cianni in conversation with Joan Hammerman Robbins, Bolinas Firehouse, 7:30pm

Friday, October 7

YOM KIPPUR

Begins at sundown

Saturday, October 8

SOUP SATURDAY

Everyone welcome for potato/cheese soup. St. Aidan's, noon, Free



SLOW ME DOWN, GREAT SPIRIT! EASE THE POUNDING OF MY HEART BY THE QUIETING OF MY MIND. STEADY MY HURRIED PACE WITH A VISION OF THE ETERNAL REACH OF TIME, GIVE ME, AMIDST THE CONFUSION OF MY DAY THE CALMNESS OF THE EVERLASTING HILLS. BREAK THE TENSIONS OF MY NERVES & MUSCLES WITH THE SOOTH-ING MUSIC OF THE SINGING STREAMS THAT LIVE IN MY MEMORY. TEACH ME THE ART OF TAKING MINUTE VACA-TIONS...OF SLOWING DOWN TO LOOK AT A FLOWER, TO CHAT WITH A FRIEND, TO PAT A DOG, TO READ A FEW LINES FROM A GOOD BOOK.

REMIND ME EACH DAY OF THE FABLE OF THE HARE & TORTOISE THAT I MAY KNOW THAT THE RACE IS NOT ALWAYS TO THE SWIFT, THAT THERE IS MORE TO LIFE THAN INCREASING ITS SPEED OR OVERWORKING MYSELF.

LET ME LOOK UPWARDS INTO THE BRANCHES OF THE TOWERING OAK AND KNOW THAT IT GREW GREAT AND STRONG BECAUSE IT GREW SLOWLY AND WELL. SLOW ME DOWN, GREAT SPIRIT, AND INSPIRE ME TO SEND MY ROOTS DEEP INTO THE SOIL OF LIFE'S ENDURING VALUES THAT I MAY GROW TOWARDS THE STARS OF MY GREATER DESTINY

AUTHOR UNKNOWN

BOLINAS

Hay for the Horses

He had driven half the night From far down San Joaquin Through Mariposa, up the Dangerous Mountain roads, And pulled in at eight a.m. With his big truckload of hay

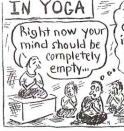
behind the barn. With winch and ropes and hooks We stacked the bales up clean To splintery redwood rafters High in the dark, flecks of alfalfa Whirling through shingle-cracks of light, Itch of haydust in the

sweaty shirt and shoes. At lunchtime under Black oak Out in the hot corral, -The old mare nosing lunchpails, Grasshoppers crackling in the weeds---"I'm sixty-eight" he said, "I first bucked hay when I was seventeen. I thought, that day I started, I sure would hate to do this all my life. And dammit, that's just what I've gone and done."

Gary Snyder

THE TRUE WONDER OF THE WORLD IS AVAILABLE EVERY-WHERE, IN THE MINUTEST PARTS OF OUR BODIES, IN THE VAST EXPANSES OF THE COS-MOS, AND IN THE INTERCON-NECTEDNESS OF THESE & ALL THINGS

MICHAEL STARK



If your mind is completely empty, how does it know its empty? Hey-what about aguy with a gas gauge on his head pointing to empty? Uh-oh, I think that's been done. Speaking of "empty," I could murder a B.L.T.

IT DOESN'T MATTER WHOM ONE MARRIES, FOR ONE IS SURE TO FIND OUT NEXT MORNING IT WAS SOMEONE ELSE!

ROGERS



Bolinas and Stinson locals:

Show!" (most "Let's put on a likely, "Godspell")

To be performed Fall of 2012 in West Marin: Bolinas, Stinson, Pt. Reyes, and Forrest Knolls. If interested, meet at the park in Stinson under the Gazebo, Tues. Oct. 4th at 6:30pm.

For more info: Camilla Ford (1336) bajacamilla@yahoo.com.

Hoorav for the Downtown park!

As a next door neighbor I'm happy to see some work starting in the park. The planning committee did a tremendous amount of work coming up with ways to incorporate much of the many requests made by town folk about what the park should contain, and Alethea did a brilliant job of architecturally expressing those ideas. I'm looking forward to seeing it take form.

I've also been watching the oak appear from under the larger trees as they are removed. Given light those spindly oak branches below are growing amazingly fast.

- Kathleen O'Neill

DEGGER



PHOTO SEARCH

If you have some photos of the Community Center building, I'm interested. Especially photos from the 50s, but any interesting photos that feature the BCC would be appreciated. I'd like to use one for a poster, and add interesting photos to the slide show or history display. I'll return your photos after I scan them, and I'll even email you the scan if you'd like.

Thanks for your help!
Call me at 2283 or email kathleen@bocenter.org

- Kathleen O'Neill

Green Coat

By Kate Hawk

I always think of Bolinas as a one street town when really it isn't.
There are a couple streets here.
On one of them there is a bookstore
Where I met Eli
for the second time,
not the first.
He fell on his ass into the flower planter
because he was busy staring at me.
Actually, he didn't fall.
He sort of,
kind of,
sat slash fell slash tumbled down onto
it and

paused.

He was wearing his green coat Our cheeks turned red And we just lost it.

I am looking for a **House to rent in Stinson or Bolinas**, for **Thursday Nov 17th and Friday Nov 18th**2 or 3 bedrooms + hot tub, within walking distance of beach, for a responsible friend with cash.
Please call Vickisa 868-0931

"Goddess" continued from cover

I kneeled there in supplication with my head bowed, surrendering to the awesome power of the vision. Gradually I saw the lovelight dim, and my shadow return. I raised my head to look out to sea. The Goddess had faded. The sun still hung in the air like a jewel but She was gone.

I stayed on my knees and offered a prayer. Then I shook my head and stood up. The sounds of the party filtered towards me and I realized I had a date with destiny.

I stumbled back to the party. My girlfriend rushed up to me. She looked at my face and asked if everything was all right. I told her I had just had a Goddess vision. "Of course you did." she laughed. "Come on, let's dance."

The Bolinas Community Land Trust Annual Meeting

Thursday, October 6, 2011 5:30 pm – 7:00 pm Bolinas Firehouse Conference Room

Please join or renew your membership at the BCLT's annual meeting. Your \$5.00 annual membership and participation is important to the Land Trust. As a non profit, we need your community involvement and support. As a member you will be asked to help select board members who will be stewards of the land and dwellings that the BCLT organization operates to provide affordable housing.

Agenda

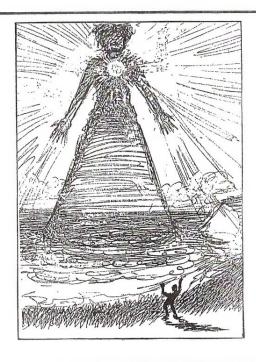
- 1. Sign in and pay annual dues (5:30 5:45 pm)
- 2. Call to Order (5:45 pm)
- 3. Reports to Membership:
 - a. President
 - b. Secretary
 - c. Treasurer
 - d. Affordable Housing Progress Report
- 4. Nomination and Election of Directors*
 - a. Candidate's Statement
 - b. Vote
 - c. Announcement of Results
- 5. New Board Schedules First Meeting
- 6. Adjournment

*The current term of three of our current board members expire at this meeting and they are asking to be returned to office and are hereby nominated by the board for reelection: **Steve Matson, Patty Bradford and David Cattell.**

Any other member of the BCLT may nominate any other member from the floor at this meeting. If you are unable to attend the meeting, you may mail in your \$5.00 membership dues to:
BCLT. PO Box 805, Bolinas, 94924. You must be

BCLT, PO Box 805, Bolinas, 94924. You must be 18 years of age and a resident of Bolinas. If you cannot attend but would like a statement to be read and included in the minutes, please email Natalie Pepper at BCLT-propman@sbcglobal.net for details.

submitted by Lesa Kramer



September 29, 2011

Environmental Action Committee of West Marin

FAA Extends Air Tour Management Plan Comment Period to October 21st

The Federal Aviation Administration (FAA) and National Park Service (NPS) announced today the extension of public scoping period for an additional 3 weeks to inform the development of Air Tour Management Plans (ATMPs) for Golden Gate National Recreation Area (GGNRA) and for Point Reyes National

Seashore (the Seashore). In this initial phase of document preparation, input is sought on the range of issues and potential impacts that should be considered in the forthcoming assessment of the proposed ATMPs as well as possible strategies for managing air touring over these national parklands.

The Initial 60-day scoping period opened on July 28, 2011. Due to technical difficulties accessing the NPS Planning, Environment and Public Comment website (PEPC) the comment period has been extended through October 21, 2011. Any further problems with PEPC should be reported by email to goga_planning@nps.gov with "ATMP" in the subject line.

The FAA has initiated the development of these two ATMPs with the NPS as a cooperating agency, pursuant to the National Parks Air Tour Management Act of 2000.

Based on the comments received during the scoping period an environmental assessment will be developed to assess and provide measures to mitigate or prevent significant adverse impacts, if any, of a range of alternative management strategies for air touring over these parks, including impacts on natural and cultural resources, visitor experiences, and tribal lands. More information on the ATMPs is available on the ATMP PEPC website at http://www.parkplanning.nps.gov/BayArea_ATMP.

submitted by Nina Bellak

POINT REYES BOOKS

Thursday, September 29, 7:00pm PR Presbyterian Church Russ Baker author of Family of Secrets: the Bush Dynasty

October 9, Talk, 3:00 pm PR Presbyterian Church Kate Levinson, author of *Emotional Currency* October 8, Day-long Workshop

Friday, October 14, 7:30pm, Dance Palace Mark Hertsgaard author of HOT: Living Through the Next 50 Years on Earth Benefit for Mesa Refuge

Sunday, October 16, 6:30pm, Dance Palace Michael Ondaatje, author of The Cat's Table in Converation with Eric Karpeles Benefit for Point Reyes Books

> For more information on these and other events: www.ptrevesbooks.cor

www.ptreyesbooks.com 415.663.1542



MORE DESTRUCTION OF BOLINAS BEAUTY

I was very sad to see that they have already begun cutting the beautiful stand of eucalyptus on the hillside above Burnt Park.

The ostensible reason for this is that these trees might be blown over and tear away part of the hill-side.

In 38 years here I have never seen that happen. And if a tree or two did fall, way up there on the hillside, so what? The park is not going to extend up the hillside (in fact it will be fenced off), so nobody would be hurt.

For me, one of the beautiful sights of Bolinas is when that stand of trees catches the late afternoon light--expecially when it is shimmering in the wind.

It is one of those sights, like the sunset glow on the ridge, that —in the middle of downtown reminds us that Bolinas is surrounded by a magnificent natural world.

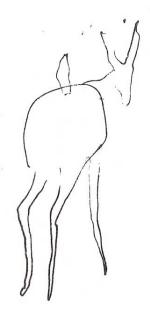
Sure, down the line, they'll plant oak trees there, and it will look very nice.

But never again, that high 'graceful plume of sun-catching eucalyptus. It's sad.

I do appreciate all the work the park committe is doing to give us a fine park. But this is really an unnecessary deprivation of the beauty of traditional Bolinas.

Dale Polissar





Bolinas Museum Opening Reception Saturday Oct. 1, 3-5 PM

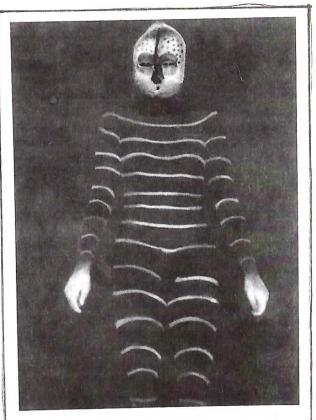
Coastal Californios: Spanish Life in West Marin 1776-1876 / Californios Costeras: La Vida Espanola del Oeste Marin 1776-1876 curated by historian Dewey Livingston. West Marin's non-Native American history began as part of the Span's Alta California and later, Mexico. Discovery of gold brought thousands of immigrants pouring into the land pushing the Californios aside, but their influence still resonates in our modern culture. The pioneer families of Bolinas, Rafael and Loretta Garcia (the first to settle Coastal Marin) and Ramona and Grigorio Briones and their descendents helped form the community that would become Bolinas. Historian Dewey Livingston has primarily focused this fascinating exhibition on the days of the great ranchos of West Marin.

Museum Director Vandy Seeburg added historic paintings by Hispanic artist Manuel Valencia who was an established artist in early San Francisco and painted in Bolinas. Vandy has also arranged a wonderful event on Sunday October 9th. There will be a Spanish language tour of the exhibition, followed at 2 PM by a lively free concert by The Alta California Orchestra, performing early California music in period costumes.

In the photography gallery: $\mathbb{E} dgar\ Angelone\$ has an impeccable aesthetic for catching essence. Curated by Dieter Tremp, this exhibition is a celebration of the design genius of the Golden Gate Bridge and Frank Lloyd Wright's Marin County Civic Center. Angelone's elegant sense of form and also mystery, produces images that make fine art out of looking at architectural detail.

In the CMA gallery: An Artist Family Interprets the Land and Water of Point Reyes. Many of us are familiar with their beautiful book that combines the work of Randall Fleming, Chris Reding and their son, an accomplished videographer in Los Angeles, Jesse Redding Fleming. They have created a dynamic installation of paintings, film and sliding images on screens.

Also, a new selection from the Permanent Collection and the on going exhibition of The Last Wooden Schooner Built in Bolinas- The Elizabeth Muir.



BODY and Time

New Paintings by Waldemar Mitrowski at Bolinas Gallery -50Wharf Rd October 1st October16th

(only two weeks) Open 11 AM-6PM Reception Oct 1st Sat at 4PM call for week day appointment

415-717-4165

LOCAL ZONE PHONE BOOK

Published by the Bolinas Hearsay News 868-0138 • P.O. Box 144, Bolinas CA 94924

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 Free Listing Includes: name, phone number and option 	 Display ads: column width 2⁷/₈ inches,
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Address:	
E-mail, web site:	,
Plus ten words:	

BOLINAS GALLERY ANNOUNCES FALL AND WINTER SHOWS

Waldemar Mitrowski..Oct. 1-16 "Body & Time"

Carlin Horton....Oct. 17-30 "Beautiful Botanicals"

Dana Hooper

and Friends.....Nov. 5-30

Stephano Resta.....Dec. 1-31

"Vuelo" (Flight)

Rick Springer

Title & date to be

announced

--Judy Molyneux

Here is a sample info sheet for the Hearsay's new Local Zone phone book. Please note that the form is reduced in size, but dimensions and cost of ads are indicated. Representatives of the Hearsay News will be outside the Post Office from 10am-noon tomorrow (Saturday) to take your information.

You can fill out information anytime at Uniquities.

-StuArt

Bolinas Fire Board Aims to Apply the Precautionary Principle

After months of grueling work by David Kimball and Don Smith and informed, concerned Bolinas citizens, the Fire Board came to a conclusion about the new AT&T cell antennas

At last Monday's meeting the Fire Board voted unanimously to (1) become a co-applicant with AT&T to add three additional antennas, while (2) modifying their contract to include a measuring of the new baseline radiation level and then regular twice a year testing to make sure that antennas emit no more than 10% radiation increase over that level.

David Kimball negotiated the contract amendment with AT&T that stipulates they test their emissions up to twice yearly. The Fire Board will decide when the radiation measurements will be taken. AT&T will hire the actual testing engineer.

Don Smith has worked diligently for months with the engineering particulars and has worked out a way of hopefully reducing RF exposure at Mesa Park.

Don's proposal - for which he invites peer feedback - is an antenna arrangement in collaboration with AT&T that uses a more efficient antenna for part of the old GSM signal and tilts the antennas up further towards the horizon so that the radiation on the ground at Mesa Park locations should be reduced.

If Don's plan is valid (and we sincerely hope it is) it represents a breakthrough: AT&T has agreed to modulate and adjust its RF emission patterns in response to public concerns about biological and health impacts and will have periodic testing of compliance.

With Don's wholehearted cooperation, we've engaged another qualified professional to review his work. We hope Don's approach will prove accurate and provide a model for other communities. We'll report what we find out from the engineer's report.

Our concern about adding more complex radiation from the new antennas from the UMTS signal (G#3) – it's efficiency is gained by more pulsing that will cause more complex biological effects - is mixed with gratitude for the progress made by David and Don.

The result hopefully is a reduction of the ground radiation around the site where the fire house, playground, health clinic and ball fields are. Also hopefully, the negotiating by David Kimball will force AT&T to stay within 10% of the new radiation levels, that, according to Don's calculations, should be lower than before.

Don Smith and the Fire Board also intend to investigate what Verizon's antennas emit and if they too could be improved.

This work by Don and the Fire Board is an important and appreciated improvement, but not a panacea. Our continuing concern is that there's not a strictly linear dose response with RF radiation. There are windows of extremely low exposure levels that cause biological effects. Studies show long term exposure to low levels is as harmful as short term exposure to high levels. This is not "fearmongering." This is fact.

Plus more levels of RF radiation continue to be added to public exposure further causing biologically complex signals from, among other sources, 'smart' meters.

In addition to our forced involuntary public exposures from cell towers and 'smart' meters, we hope more people become aware of how their personal choices of wireless devices affect them, such as cell phones, wi-fi routers left on all the time as well as cordless phones, which are like having cell phone antennas in your house.

We sincerely appreciate the time and effort the Fire Board and Don put into the resolution of this difficult situation. We understand that this has been a grueling effort by the Fire Board, especially since they are not as convinced as we are about the risk from RF radiation.

So despite being thrust into this unwanted position, the Fire Board has struck a Precautionary Principle compromise between community concern and what their attorney advised were their contract obligations.

Next week we're off to cover a Summit on Wireless Safety in Washington, D.C. We'll report back to you on the latest when we return.

Meanwhile, please check out our latest blog posts:

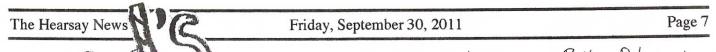
Nuclear Abolition on the March – Nuke Digest 8-28-11 http://eon3emfblog.net/?p=3603 Debunking the Dirty Dozen 'Smart Meter' Myths http://eon3emfblog.net/?p=3509

Submitted by Mary Beth Brangan & Jim Heddle, EON





41 Wharf Road, Bolinas 415-868-1311



BIRTHDAY!!! HAPPY

September 30:

Jennifer Turney Mesa Broek

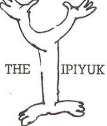
October 1:

Huston Brown Gillian Ranger Don Stewart Jmu Stewart

October 2:

Jonathan Siedman Patrice Daley Jill Field Aria Grace Sternik Sarah Bruce Willard MacDonald





In the swamplands long ago,

Where the weeds and mudglumps grow,

A Yipiyuk bit on my toe . . .

Exactly why I do not know.

I kicked and cried

And hollered "Oh"-

The Yipiyuk would not let go.

I whispered to him soft and low-

The Yipiyuk would not let go. I shouted "Stop," "Desist" and "Whoa"—

The Yipiyuk would not let go.

Yes, that was sixteen years ago, And the Yipiyuk still won't let go.

The snow may fall,

The winds may blow-

The Yipiyuk will not let go.

The snow may melt,

The grass may grow-

The Yipiyuk will not let go.

I drag him 'round each place I go,

This Yipiyuk that won't let go.

And now my child at last you know Exactly why I walk so slow.





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For more information, to volunteer, or to join call 415-663-1075 Tickets at: www.dancepalace.org

DANCE PALACE 40TH YEAR GALA 🛊

At The Fork on the Giacomini Ranch. A fundraiser featuring a dinner by Ed Vigil, music by Dgiin and a wine cellar raffle and live auction. For more information, contact Dan at the Dance Palace.

Saturday, October 1, 5:00 p.m. / Tickets \$150

DALE POLISSAR PRESENTS: SO WHAT'S NEW, A **MUSICAL REVUE**

Saturday, October 1, 8:00 p.m. / Tickets at the door \$18 general, \$15 seniors



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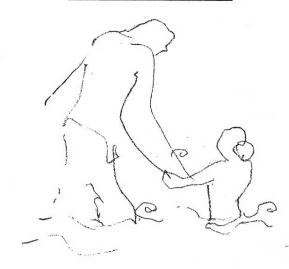
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-- Michael Rafferty, Online Editor



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WANTED

SCHOOL ART SHOPS ARE LOOKING FOR

these materials: Sheet copper or tubing, brass - any length PVC pipe. Contact David in the metal shop. Clean wood scraps for projects, contact Ron in the wood shop. School Phone #: 868-1603

MB9/28

CHILDCARE WANTED:

Looking for experienced help in Bolinas for two children ages 2 & 6 after school Mondays - Thursdays, starting at 1:00. Need someone with car & good driving record to do school pick ups. Would also include some light housework and cooking easy child-friendly dinners. Will pay a competitive local rate. Call or txt 415-747-4088.

AUTO WANTED: IN GOOD RUNNING

condition. Between \$1500 & \$2000. If you hear of a lead please call Christine @ -0892

CS9/28

Wanted MacBook-partial trade for PC? Una 8818

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LOST & FOUND

LOST AFTER LABOR DAY:

Blue canvas canopy top cover. Did mine go home with yours? Help me reunite my lonely canopy with its top. Susie -1646 \$\$9/16

Surfboard Found

Monday, September 26th on the beach. Please call to describe-Sandy-0205

SD9/28.

FOUND: A COUPLE WEEKS AGO,

Red bicyle at gate on Alder, between Fern & Evergreen. Call 96661 to claim.

PB8/10

LOST: 13 INCH MACBOOK PRO

around July 26th, while confused. Reward. 868-2312

\$200 Reward-Prescription metal frame ICH

Berlin Sunglasses

YELLOW SCRAMBLER-TYPE KAYAK

may have drifted off on a high tide. please call 868-9067 with any info. Thanks

Lost-set of keys on plain key ring-July 4th

Call 541-315-1027 if found.

SH 7/11

ANNOUNCEMENTS

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JP X

The weekly food bank at Bolinas Community Center has been moved from Mondays to Thursdays at 12 noon. Everyone is welcome! June McAdams for BCC

Please submit articles and requests for online subscriptions for the Hearsay News to hearsaynews@yahoo.com Michael Rafferty

> ARTICLES FOR HEARSAY NEWS Articles should be 3 1/2 inches wide and signed with FIRST & LAST NAME.

Thank you, The Editors

CLASSES

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CLASS SCHEDULE 2011

SUNDAY

Yoga w/Trishna 9:00 - 11:00 a.m. Jujitsu w/Julian 7:00 - 8:30 p.m.

MONDAY

Figure Drawing 9:00 a.m. - noon Pilates w/Lisa (pre-register 868-0473) 5:30 - 6:30 p.m.

Yoga w/Trishna 9:30 - 11:00 a.m. 3:30 - 6:00 p.m. Arial Arts for kids w/Joanna (Info 868-8821)

Zumba - Latin Dance Fitness w/Diane 6:30 -7:30 p.m.

WEDNESDAY

Pilates w/Lisa 8:30 -10:00 a.m. QiGong for Aching Joints w/Tania 10:30 -11:30 a.m. Yoga Basics w/Trishna 5:00 - 6:15 p.m. Biblia en Español 8:00 - 9:30 p.m.

THURSDAY

USDA food bank 12:00 noon Congolese Arts w/Sandor 6:00-7:30 p.m.

FRIDAY

Pilates Mat Class w/Lisa 9:00 -10:00 a.m.

SATURDAY

Back Oct. 22 Yoga w/James 9:00-10:30 a.m. Children's Movement w/Lisa 11:00 - 11:45 a.m. (info 868-0473)

Check the marqué by the Library for special events at the Community Center. For Info. 868-2128 or www.bocenter.org

LOCAL ZONE

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